

The Salt Escape

RELAX Breathe HEAL www.thesaltescape.com

ALLERGIES

HOW CAN SALT THERAPY HELP?

Salt therapy can help allergy sufferers relieve allergy symptoms in a quiet and relaxing environment. The micro particles of salt are able to reach every area of the sinuses destroying bacteria and reducing inflammation. Mucus then clears out allowing sinuses to drain naturally providing relief.

WHAT TO EXPECT?

During your 45 minute salt therapy session you may notice that your sinuses will begin to drain. The dry salt air is working as an anti-inflammatory to expel out bacteria. You will begin to notice relief after the first session. Some may find that it takes 3-4 sessions to truly see the best results.



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RECOMMENDATIONS

We recommend coming 2-4 times a week for the first month. You may notice that you can lower your visits after the initial 30-60 days. The Unlimited Monthly Membership will allow you to come as much as needed to manage your allergies.

RESEARCH

Salt Therapy also known as halotherapy has been well researched in Russia and Eastern Europe. The majority of the research has been conducted by Dr A.V. Chervinskaya, the head of Clinical Research Respiratory Center in St Petersburg, Russia. She works in the field of pulmonology and rehabilitation medicine and has published more than two hundred articles on this topic.

TESTIMONIALS

“After the 3rd treatment, I woke in the middle of the night and could finally breathe. I have suffered from allergies for years.” – Julie R.

“The Salt Escape has been great for my kids. They both suffer from allergies. Salt therapy has helped clear several sinus issues and breathing problems that they suffer from. Additionally, they love playing in the salt.” – Laura S.